Staying up with getting dolled-up?

Find out how on **B1**



Roxana Chavez State Hornet

The State Hornet

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Despite predictions of a last place finish, the Hornets' baseball coach stays confident.

Find out why on **B3**



Joe de Ocampo State Hornet

Fatal crash near CSUS

By Alyssa Sanguinetti
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A man was killed and another man and woman are in the hospital following a deadly car crash after midnight on the morning of Monday near Sacramento State.

The single-car crash occurred at J Street and Carlson Drive.

Sacramento police said rain and speed appear to have been a factor of the crash and are currently investigating the possibility that alcohol was involved.

Sacramento got 0.15 inches of rain on Sunday night.

Because wet weather has been sparse over the last few months, rain can make roads especially slick, according to the DMV's website.

Sacramento Police will have to wait to question the two victims because both are in serious condition.

The names of the victims involved in the accident have not been released.

There was no other information on this incident immediately available.

This story will be updated as more information is released at statehornet.com, or scan the QR code below with a smartphone.

Students learn anatomy from hands-on time with bodies

By Brett Johnson
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Photo illustration done by Robert Linggi of The State Hornet.

Instead of sticking strictly to textbooks and lectures, Sacramento State's health science students have tangible learning experiences working with real bodies in the Human Anatomy Learning Laboratory.

The laboratory, located in Humboldt Hall, has the capacity and is usually occupied by four donated bodies at a time. Three courses at Sac State incorporate use of the lab: Neuroanatomy, Advanced Anatomy and Human Anatomy for Physical Therapists - a course required for completion of the physical therapy doctorate program, which was established last year.

Biology professor Winston Lancaster is the primary anatomist in charge of the human anatomy facility. He assumed responsibility for the lab after the reassignment of professor Rose Leigh Vines, who began it around 1984. He said the lab provides a rare educational experience to Sac State's undergrads.

"My impression is that not many other schools in the California State University system have access to a lab like this," Lancaster said. "When I tell people what I do here, people generally react with surprise. Most people think, 'It's just a CSU,' but we have access to resources that are usually reserved for medical schools."

The opportunity is made possible through the UC Davis' Body Donation Program, which was formed in 1968 to assist medical education institutions in the region. The program distributes donated bodies to the university based on its status as a certified repository, which is required to ensure proper treatment of the bodies and can be revoked at any time.

UC Davis' Body Donation Program operates on unsolicited donations from volunteers in Northern California, according to its website. The program's website notes it has received 3,000 donated bodies thus far, and there are 4,000 living people registered as donors.

"All of the bodies are provided based on voluntary donations through UC Davis; no unidentified bodies are used in our labs," Lancaster said. "Also, all of the bodies go through a screening process that tests for specific diseases, and any bodies that test positive are not used."

UC Davis' program maintains privacy of all donors, which means no names or photos can be released. Because of this, students must place personal belongings, especially cellphones with cameras, into supplied lockers in Humboldt Hall.

"It's hard for some - cellphones are like a lifeline to most students," Lancaster said. "However, this is not usually a problem with the students taking these courses, as many of them are very serious about their studies. Usually, they are really excited about it, and respectful once in the lab."

Lancaster said students do not perform dissections, as neither the time, space nor funding is available for it. He said, however, occasionally he will bring in the hardest-working students to perform the pre-dissections that are presented in the lab.

Most of the time, students are given lab objectives which could involve identifying certain bones or muscles in isolated parts of the body. Students enrolled in one of the classes with access to the lab can come to supervised open lab periods to finish objectives, or further their studies.

"Working with these bodies allows students to better understand the individual variations of anatomy," Lancaster said. "We're just as different under the skin as we are outside of it, which is something that

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Grants might see cut

By Elisha Angrisani
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California Gov. Jerry Brown's budget proposal for 2012-13 calls for a change in requirements for incoming and current California State University students to have a higher GPA to qualify for Cal Grants.

Cal Grants help more than 65,000 California State University students afford college, including the cost of living expenses, tuition and textbooks, said Erik Fallis, CSU spokesman.

Brown's proposal plans on taking from the Cal Grant budget and reducing it by $131.2 million. The change would raise the bar and change the requirement for GPA.

The 2012-13 budget proposes an increase in GPA requirements; Section "A" from 3.0 to 3.25, Cal Grant "B" from 2.0 to 2.75 and the community college transfer from 2.4 to 2.75.

More than 26,000 students would be impacted by Brown's proposal.

Cal Grants from section "A" are competitive awards based on academic standing. Students with Cal Grant "A" can receive up to $5,472 for any public or private college.

Cal Grant "B" is for first year students who need money for the cost of living and textbook fees.

Cal Grant "C" is geared towards assisting students with tuition who are participating in vocational programs.

"Out of the 5,900 students, we don't know the entering economic group," Fallis said. "The Cal Grant is designed for lower income students so the impact is greatest on the financial need."

The California State Student Association estimates about

see **Finance** | page A5

Farmers market at Sac State could be reality this month

By Camille Anglo
news@statehornet.com

After a year of planning, Associated Students Inc.'s Green Team plans to bring a farmers market to Sacramento State this semester.

ASI Executive Vice President Blake Menezes, who is also the chair of ASI's Green Team and one of the lead planners of the farmers market, said although there is no definite date, the group hopes to hold the first farmers market on campus sometime in February.

"Students brought it forward as an idea. We discussed it amongst the board of directors and then we decided to push forward," Menezes said. "After discussing it with several on-campus entities, we decided that it was something we can make occur this semester."

The idea of a farmers market was brought to ASI's Green Team a year ago when several students expressed interest in having one as a Sac State event on campus. The farmers markets will consist of individual vendors selling produce grown locally or outside the Sacramento region.

Co-chair of the Sustainability Steering Committee Mike Christensen said it is great how ASI's Green Team wants to create a more sustainable campus by bringing a farmers market to campus. Christensen helps organizations on campus decide how they can contribute to a "greener" campus.

"What's exciting about this project is that ASI leaders accepted the challenge to find ways in which they could contribute to a more sustainable campus," Christensen said. "Of their own initiative, they came up with the idea of having a farmers market at Sac State and have actively pursued efforts to bring this project to fruition."

ASI President and board member of the Green Team Laura Gonzalez said the process of developing the farmers market involved many meetings about the direction the Green Team should take.

"The process involves many meetings," Gonzalez said. "We have dedicated time to gathering information from successful farmers markets on other college campuses, the needs and wants from students, faculty and staff, reviewing university, city and state policies, and being patient and willing to redirect our efforts."

Junior and nutritional peer health educator, John Ramos, said a farmers market on the Sac State campus would be beneficial for students, staff and faculty.

"I believe that a farmers market would have a positive influence on campus," Ramos said. "Sacramento State faculty and administration strives to increase the access to better health opportunities and a farmers market would be aligned with their mission."

Menezes said reception for the farmers market has been welcoming among those who know of the project.

"Overall, we have had a great response," Menezes said. "Students and faculty responded in a survey that we had last semester where 97 percent of those who took it wanted to have a farmers market out of the almost 800 people surveyed."

Menezes said with a successful survey, voters helped the decision to put the farmers market on the front lawn of The Well, where they will collaborate with ASI.

"We decided to have it here

see **Food** | page A4



Kelly Ondricka State Hornet

Customers browse the selection of produce from Rio de Parras Organics in the Carmichael Park farmers market.

Local farmers market locations

Fridays

Sacramento Kaiser Market - Cottage Way and Morse Ave.

St. Rose of Lima Park Farmers Market - 7th and K streets.

Saturday

Del Paso Heights Farmers Market - Norwood Ave. and San Juan Rd.

Natomas Certified Farmers Market - Inderkum High School parking lot in Natomas.

Oak Park Farmers Market - McClatchy Park, 35th Street and 5th Ave.

Country Club Plaza Farmers Market - Watt and El Camino avenues.

Source: cafarmersmarkets.net

Sac State police log

By Russell Preston

- A male driver was pulled over for a vehicle code violation on State University Drive East by a University Police officer on Feb. 5 at approximately 9:13 p.m. He was found to be under the **influence of alcohol** and was arrested and booked into the Sacramento County main jail.
- A victim reported his **car had been broken into** sometime between 7:30 a.m. and 4:30 p.m. on Feb. 5 in Parking Structure III. He claimed his car had been forced open and his parking permit had been taken.
- An **unknown subject forced his or her way into a vending machine** in Amador Hall on Feb. 6 sometime before 7:39 p.m. The case is still
- A victim reported sometime between 11:45 a.m. and 2:45 p.m. on Thursday a **suspect forced entry into her vehicle** parked in Lot 11 and **stole her car stereo.**
- A University police officer conducted a standard traffic enforcement stop and pulled over a male subject in Parking Structure III who was in **possession of marijuana** at approximately 9:51 p.m. on Feb. 7. The subject was cited and released.
- Two male subjects were found in a **physical altercation** at Mendocino Hall on Feb. 7 around 11:19 a.m. No weapons were found and neither male suffered an injury. University Police officers responded and mediated.
- A female victim reported **physical assault** sometime around 11:50 p.m. on Feb. 6 at an off-campus location. No injuries were reported.
- From Feb. 5 to Feb. 9, 12 people called University Police due to being **locked out of their cars**. Four subjects called University Police to help **locate their vehicles** parked on campus.

SOURCE: University Police's Media Log

Corrections

In last week's article, "Required GPA could change," the CSU mandate for GE Area C (Arts and Humanities) is a minimum of 12 units, which is the same as Sac State's requirement. The difference is that the CSU Executive Order only refers to a distribution of those units in two sub-areas (Arts and Humanities), while Sac State further divides the GE area into four sub-areas.

In last week's sports graphic, "PCSC Coastal Division preseason rankings," No. 2 is Loyola Marymount University.

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Former senator working to bring textbook prices down

By Sean Keister
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The road to cheaper textbooks is underway as the California Joint Legislative Committee held their first meeting on finding ways to bring down the cost of textbooks statewide.

The hearing on Feb. 1 was intended to investigate the increasing costs of college textbooks and options for implementing e-textbooks as a way to cut costs and increase access to higher education for students.

Dean Florez is a former senate majority leader, and president of the 20 Million Minds foundation, a foundation that seeks to reduce the price of textbooks. He said the hearing was long overdue.

"It went very well," Florez said. "I think it was a great opportunity for those participating to show there can be a massive amount of reduction in costs of textbooks. But it's just the first step in a long process."

The price of textbooks has risen at four times the rate of inflation. The average annual cost for textbooks is $1,260, according to the state auditor's report.

"The first goal is getting people to realize we can lower the cost of textbooks significantly if we move to a digital format," Florez said. "Our focus as a foundation is looking towards the future of how books will be delivered."

Although he is actively pushing the advancement of digital textbooks, Florez said he sees some drawbacks in the technology as well.

"For example, if a student buys a new edition (in a bookstore), they can sell it back," Florez said. "But if a student buys an e-book, at the end of the quarter it will disappear. That's one of the problems."

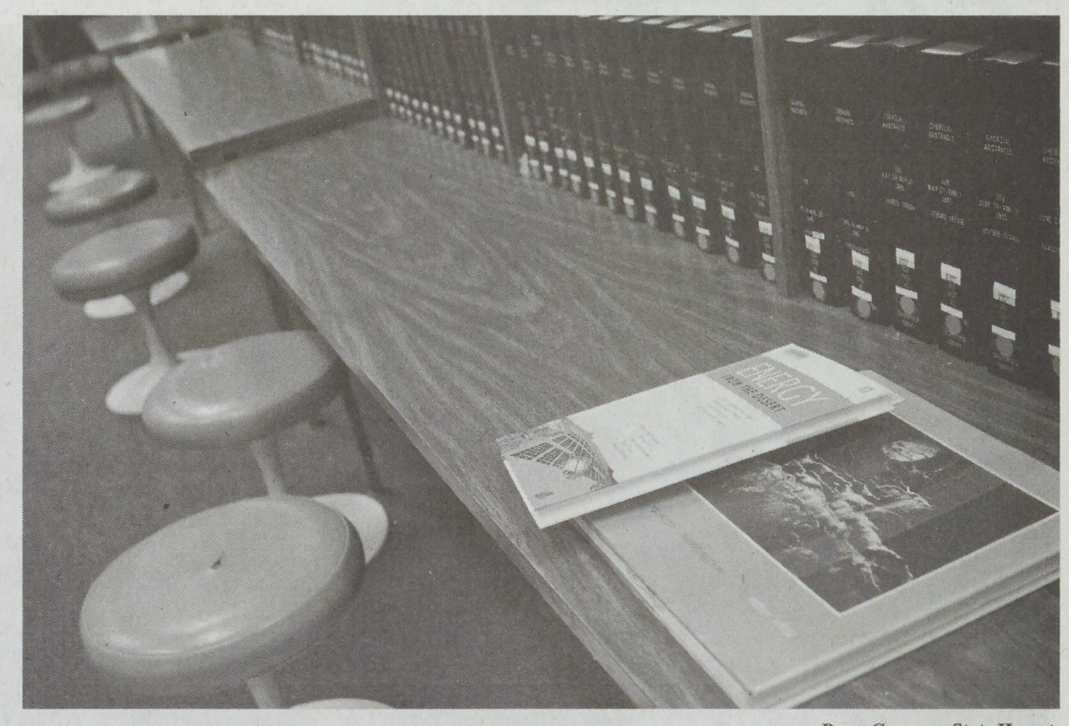
Florez said publishers are going to have to make some hard decisions on what they ultimately want to sell to students.

"They haven't taken off as fast as they could," Florez said. "They don't think it's going to be that profitable. They've had models that have worked for so many hundreds of years."

Sacramento State assistant professor of finance, Eric Lin, has taken the initiative to offer students a free online textbook for his course, instead of the $150 book he used in the past.

Students can view the book online for free, or they have the option to buy a hard copy for

see **Education**| page A5



David Gonzales State Hornet
Pair of textbooks left in a study area of Sacramento State's University Library.

Students advocate change

By Alyssa Sanguinetti
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Assemblyman Richard Pan, D-Sacramento, formed a Student Action Committee at Sacramento State so students can meet with his staff to discuss higher education issues.

Topics brought up at the first two meetings included tuition increases, what students can do to help improve their education, students failing to get classes, approving accountability for these issues and more resources going towards education.

"The action committee is serving as a function where it's bringing together groups of students who have similar goals or things they're working on and creating a forum or space for them to have conversations with each other" Pan said. "Apparently, I guess they haven't had as much of that before."

Pan has a district office on the Sac State campus in Modoc Hall to keep the lines of communication open between the State Capitol and the students, faculty, staff and others in the campus community. His office is the first assembly district office on a university campus in California's history.

"For our office (the committee) is a way to try to insure we develop a stronger connection with the students and student body," Pan said. "We're certainly happy to also be the table for students to come to exchange ideas, share things and work on things together."

The Student Action Committee held its first meetings on Feb. 1 and 2 with about 15 students in attendance.

One of the biggest controversial subjects brought up by students was the salary raises of administrators, especially the pay package of $400,000 for San Diego State University's President Elliot Hirshman - approved by the California State University trustees last year.

"These students are outraged that even with the budget cuts, these administrators are still accepting pay raises," said senior government international rela-

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Biodiesel project will help campus remain sustainable

By Alex Slavas
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Sacramento State mechanical engineering students are working toward their goal of promoting sustainability on campus with a senior project that will convert waste oil from campus kitchens into biodiesel fuel.

Seniors Lydia Palma, Adi Prieto, Borannie Buth and Manmeet Minhas said they felt urged to find an engaging topic for their senior project, as the semester had already begun and they were without an idea. With the help of Michael Christensen, co-chair of the Sustainability Steering Committee, the students decided to pursue the idea of constructing a biodiesel production unit.

"Anything green and environmentally-friendly interests me. Our goal is to produce the same amount of diesel that is used to fuel the equipment on campus."
- Lydia Palma, mechanical engineering major

The Sustainability Steering Committee of Sac State is an organization that helps facilitate, encourage and promote the use of sustainable technologies, Christensen said.

The group said Christensen had a few good ideas, but this one stood out.

"Anything green and environmentally-friendly interests me," Palma said. "Our goal is

see **Green**| page A4

Memorial remembers professor for teaching, prominence

By Brett Johnson
news@statehornet.com

Friends, family and students shared memories and applauded the work and teachings of the late Kurt von Meier, professor emeritus of art history at Sacramento State this weekend.

The memorial was held Saturday afternoon inside of the classroom Meier taught in, Kadema Hall Room 145. It was proceeded with a student art show in the Else Gallery - a similar exhibit to those Meier organized during his time at Sac State.

Meier died suddenly on Oct. 15 at the age of 77. During his time at Sac State, he headed many student projects and produced two e-books; "A Ball of Twine with Hidden Noise" and "Laws of Form."

"He was a very pro-student professor," said Lori Lockamy, alumna of Sac State's art program. "He always wanted to have student shows on Second Saturdays before the art walk so people could come to the campus and see what art students were doing at the university."

Lockamy created a display-case memorializing Meier's professional career on a wall in Kadema Hall. The case contains a short autobiography, pictures, art and illustrations of his esoteric teaching methods.

The case displays an example of a standard assignment in Meier's Primitive Art and Mythology class - a walk around the perimeter of Sac State with a logbook to keep track of time, places and circumstances.

"He was such a cool guy ... he once had Andy Warhol visit his class and brought in The Velvet Underground to play in his classroom," Lockamy said. "He was just all about art. I mean, he was a genius."

Larry Barnett, long-time friend of Meier and former mayor of Sonoma, first met Meier in San Francisco - the town Meier was born and raised. He spoke at the memorial and shared a story of his experience with Meier at a fine dining restaurant.

"I called to asked if it was formal wear only, and Kurt told me to ask about 'holy men in native garb,' which the man said was acceptable after some hesitation," he said. "We threw on the most insane collection of beads and cloth. When we got there, I half expected them to throw us out. Instead, they recognized us as the 'holy men in native garb,' and showed us to our table."

The memorial brought alumni such as Rachel Stonecipher, who took art history with Meier 30 years ago.

"He just had a way of stimulating the imagination," Stonecipher said. "He was so observant - nothing really got past him."

Patti Phare-Camp majored in fine arts at Sac State in 2004. Her experience with Meier as a teacher left a similar impression.

"Seeing him lecture for the first time just made me want to know more about him," Phare-Camp said. "As it turns out, Kurt was a rockstar in the art world who influenced a great many people."

"He was such a cool guy ... he once had Andy Warhol visit his classroom and brought in The Velvet Underground to play in his classroom. He was just all about art. I mean, he was a genius."
- Lori Lockamy, alumna of Sac State

In 2004, Meier's last year at the university, a gallery of his personal art collection was shown at the Else and Witt galleries. The show, entitled "Mandala: Mirror: Reflection," ranged from authentic Andy Warhol art to collections from renown spiritual leaders to Sac State students' work.

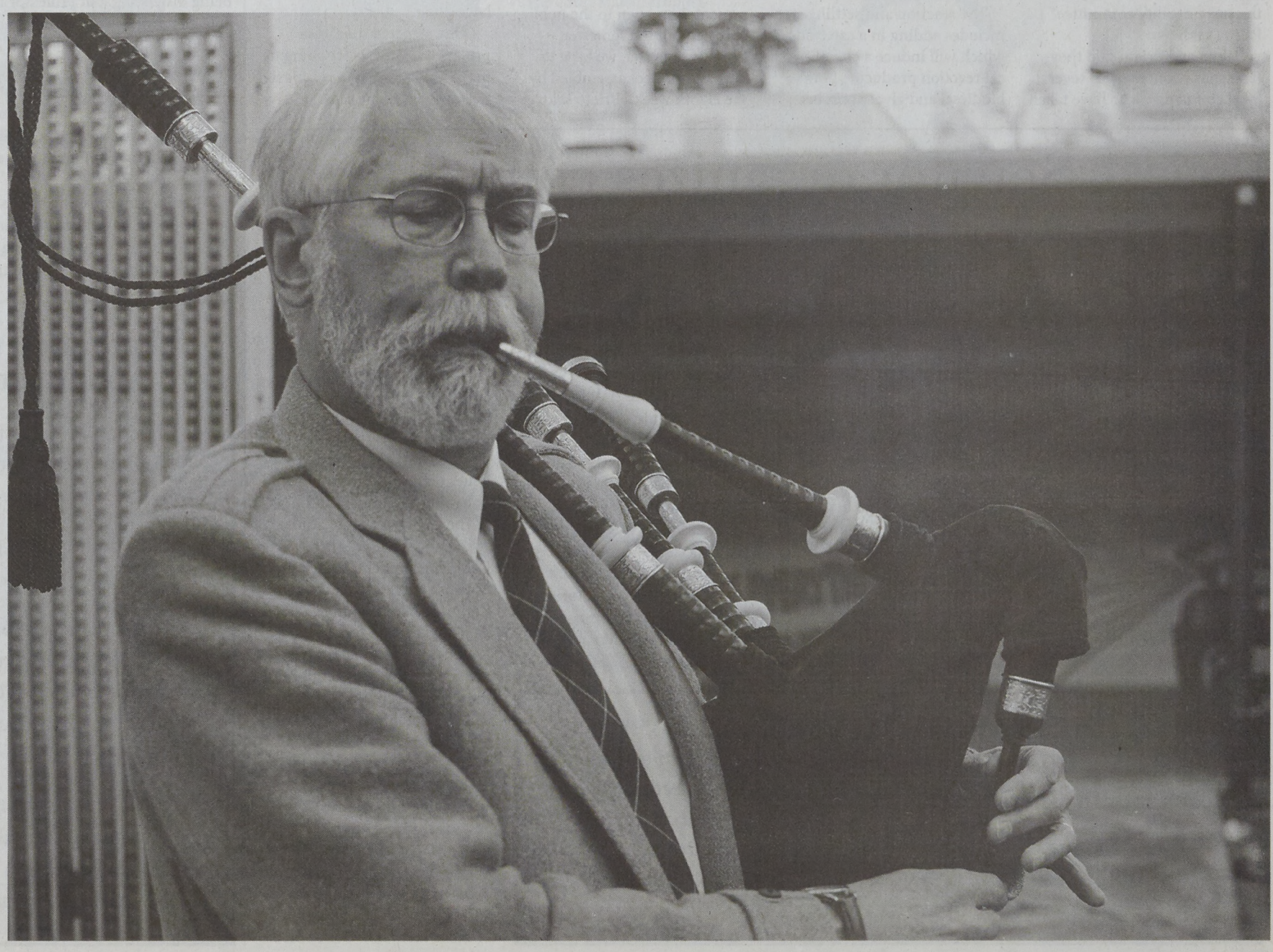
At the memorial, photographs of the exhibit were shown alongside narration from Meier. The audio gave attendees a chance to relive Meier's teaching as he explained the significance of each gallery piece.

"He was a very special teacher with idiosyncratic methods," Barnett said. "He really did teach to the end."

Photos by Robert Linggi State Hornet



Below: Donald Duncan plays bagpipes before Kurt von Meier's memorial on Saturday in Kadema Hall. Right: A picture of Meier at a young age placed next to a more recent photo.



Food: The Well partners to promote healthier eating habits



KELLY ONDRICKA State Hornet

A selection of organic produce sold by Eleazor and Ana Juarez, owner of Rio de Parras Organics in Carmichael. Similar produce could be sold at Sacramento State's farmers market.

Continued | page A1

because the responses we received from the survey," Menezes said. "Also, we have discussed a working partnership with The Well so we can do cooking demonstrations during the actual farmers market."

Resident dietitian Shauna Schultz said having a farmers market on campus would be convenient for everyone who do not have time to do their grocery shopping.

"I definitely think it's a wonderful idea," Schultz said. "It's an easier access to fruits and vegetables for students, staff and faculty, and easier than having to go to the store."

Schultz also said along with selling all the fresh produce, the farmers markets will create a healthier vibe on campus.

"It's a great addition to campus because it promotes local and fresh vegetables and healthy eating," Schultz said. "It also promotes and supports local growers and is better for the environment."

The diversity of students at Sac State means there could be students interested in organic produce grown without harming its natural environment and farmers markets consist of mostly organically grown products, Ramos said.

"Sacramento State has a large population of students with varying interests," Ramos said. "Many students who attend campus already purchase local and/or organic products."

The farmers market would not only help students make better choices in terms of health, but they will help local farmers as well as the community.

"Opening a farmers market would exemplify Sacramento State's commitment to small businesses and local farmers, but more importantly to the role of the student as consumers in the community," Ramos said.

Gonzalez said the future of the farmers market is up to the reception it receives once it is on campus.

"This is an effort we in ASI are passionate about," Gonzalez said. "The reactions we receive from students, faculty, staff, Alumni and community members keeps us motivated to ensure progress on a farmer's market at Sac State."

Green: Idea could reduce school's costs

Continued | page A3

to produce the same amount of diesel that is used to fuel the equipment on campus."

Palma said their idea will reduce costs because the school would not have to export kitchen waste oil, nor will they have to rely on external sources to attain fuel.

According to the group's senior project proposal, Sac State expends about 276 gallons per month to fuel diesel-powered grounds equipment. At $4 per gallon, that is more than $1,000 per month.

It also states the biodiesel production unit will approximately cost up to $5,000 and biodiesel fuel costs about $1.25 per gallon to make.

The proposal said if the system produces 125 gallons of biodiesel fuel per month, it will pay for itself in 16 months.

With the help of grants, the group said the expenses of their project will be covered.

"We received $1,000 in grants from the Greenovation Fund and $5,000 given to us from the sustainability committee," Palma said.

Palma and Prieto said they have made contact with several local companies who have taken interest in their project.

"They said they are really excited about it... (some said they) would donate or help us out with ideas," Prieto said.

Although projects similar to this one have been done previously, the group said it feels its campus-focused idea is what sets theirs apart from others.

"The neat thing is that it is actually helping the school (by) turning waste into something much better," Prieto said.

"The neat thing is that it is actually helping the school (by) turning waste into something much better."
- Adi Prieto, mechanical engineering student

The process of converting vegetable oil into biodiesel is divided into three subsystems, which include filtration, reaction and settling and washing.

"The filtration subsystem filters out the water and food that are found in the oil, which comes straight out of the restaurants," Prieto said.

The reaction and settling step includes adding in a catalyst, which will induce a chemical reaction producing both biodiesel and glycerin. It has to set for 24 hours so the two fluids will separate, and then the glycerin is taken out. The biodiesel is then washed to get rid of excess glycerin and other unwanted materials, Prieto said.

The finished biodiesel product will then be used to fuel the grounds maintenance equipment on campus, such as lawn mowers and edgers.

Christensen said the senior project is split up into two stages which include designing and building.

"Last semester was the design phase (and) this semester is the build phase, where the first quantity of biodiesel will be produced," he said.

The building phase is also divided into two presentations - an informal presentation mid-semester followed by a formal presentation open to the public at the end of the semester.

"This semester, we have to have our project assembled by the eighth week," Prieto said.

"The (mid-semester) presentation is an update on our progress to the class, and the final presentation is where we present our work on campus … to anyone who wants to come."

The group feels their project will positively impact the campus by saving money and creating a cleaner environment.

"It will enhance the image of school by making it more environmentally-friendly," Palma said.

Christensen said the role of the sustainability committee is to push students to come up with ideas and work together as a group in order to achieve goals.

"We don't act as an approving body, but we encourage people to take action on their own, rather than asking for permission," he said.

Christensen said the committee's goal is to facilitate the ideas of groups and students as well as educate them on possible obstacles that may be encountered, ultimately to make a positive impact with the work they have done.

"One step at a time, one project at a time, we're going to make a difference – a real positive difference," he said.

Protest: Senator organizes committee

Continued | page A3

tions major Karen Swain.

The outrage surrounding Hirshman's pay led the CSU's trustees to adopt a new policy limiting any president's pay at $325,000 per year and may only receive 10 percent more than his or her predecessor.

Students also expressed their frustrations about classes being cut and not being able to see advisers because of budget cuts.

"The committee provides an outlet for all the students at Sac State to not only voice their frustrations, but also express the positive things they've achieved because of this university," Swain said. "At Sac State, we students have the numbers, but we now need to take action and show that we care."

Swain, who is an intern for Pan outside of his district office on campus, also said she thinks the more students who attend the committee meetings, the more likely legislation can be passed to benefit students.

After the committee's first two meetings, students demonstrated interest in getting more active within the community, said Pan's Press Secretary Brian O'Hara.

"The committee first started off as the Student Advisory Council, but after its first meeting the students decided to change the name because they wanted to see action," O'Hara said.

Associated Students Inc. has worked closely with Pan and his office to provide any resources, advertising and facilities for the students and committee.

"We're trying to get the word out about what students are feeling in regard to these budget cuts and what we can do to tell the community how they're feeling as well," said Director of the Office of Governmental Affairs for ASI Sarah Couch.

ASI helps plan, promote and produce political forums bringing the voters and the representatives together to debate issues.

"With the $750 million budget cuts, this (committee) makes perfect sense, and it's great to see that the assembly member is reaching out to students instead of us having to reach out to him," Couch said. "If we can change the community and the people and get to that turning point, then we can try to change the perspective of issues on higher education and hopefully get more funding."

The California State Student Association, University of California Student Association and the Student Senate for California Community Colleges have organized a protest on March 5 in Sacramento that starts downtown and ends on the Capitol steps.

The "March in March" event takes place every year to give people an opportunity to lobby on behalf of higher education reinforcing importance of access, quality and affordability of California State Universities.

"Last year, around 15,000 students participated in the march and we're hoping for that much or more this year," Couch said.

Student Action Committee meetings are usually held at the beginning of each month. There are two meetings two days in a row so that students who cannot make it one day because of class have another option.

To RSVP for Student Action Committee meetings please call Laurie Holtog at 916-452-0505 or email laurie.holtog@asm.ca.gov.

Science: Lab yields insight not given by books, lectures

Continued | page A1

students are always surprised by. It takes looking at more than one body to figure that out."

Jeff Changaris, a graduate student who works with Lancaster, said he was introduced to working with donated bodies in 2006, and has preformed close to 500 dissections since then.

"I can honestly say the experience has changed my life," Changaris said. "We all have this image of what we think the inside of the body would look like, but the body is definitely more than the sum of its parts. Everything within the body is connected, even if it's just barely."

Changaris now manages the donated bodies program at American River College, which has a smaller scale anatomy lab than Sac State's. He gives dissection demonstrations at the college - primarily to the school's nursing students.

"When students are given their first exposure, you just don't know how any individual is going to handle that information until it happens," Changaris said. "When I do demonstrations, I let people stand in the back and inch slowly forward."

Rebekah Dobish, senior kinesiology major, said she was both nervous and excited upon entering the lab for the first time, but has learned a great deal from the exposure and has since returned to help Lancaster with dissections.

"You hear the stories about the smell of formaldehyde and it being disgusting, but professor Lancaster makes it very comfortable and professional environment so that apprehension goes away quickly," Dobish said. "Overall, it's just a great experience for biology and kinesiology majors alike."

Lancaster said with an estimated 5,000 named parts of the human body, studying anatomy can be difficult. On top of that, it requires first-hand experience - like what students get in the anatomy lab - to achieve a comprehensive understanding and appreciation of the human body.

"There are many subtle things you can't get from a textbook, but you deal with daily as a practicing professional," Lancaster said. "It takes actual seeing, touching and moving things aside to truly understand the fabric of anatomy."

Operation of Sac State's human anatomy lab

- The lab is kept sterile and sanitary and students wear gloves and lab coats when working with the bodies.
- The bodies are kept moist to prevent the growth of mold or bacteria.
- The preservatives used on the bodies to halt the decaying process produce a strong odor, which is why the room is ventilated and kept at a low temperature.
- People performing dissections are encouraged to take a short break every hour to get fresh air. Students are never in the lab for more than two hours.

INFORMATION FROM JEFF CHANRGARIS



Brittany Bradley State Hornet

EDITORIAL

Miscommunication hurts students

A dire miscommunication last week among the College of Arts and Letters faculty is making the arduous process of graduation and adding classes more difficult for some students.

Thursday, an email was sent to the college's faculty informing them they were not to accept adds except in the most serious of instances.

The email was sent out by the Dean of the College of Arts and Letters Edward Inch and was a reiteration of instructions given by President Alexander Gonzalez, which stated because the university had exceeded its enrollment target, it was necessary to limit class enrollment.

Inch said the email was just a reminder of the add restrictions typically placed three weeks into the semester.

"Because the university exceeded its enrollment target by the end of the second week, my office sent out an email asking departments to enforce this policy," Inch said. "Originally, they were asked not to accept adds except in the most 'dire' of circumstances. The word 'dire' created confusion - we should have used the language in the policy above - 'serious and compelling.'"

The miscommunication led to confusion among faculty members who informed students there was a "freeze" on adds and the university would not let them add students to classes.

There was no freeze, just the same add policy the university has always used to restrict late class adds. After the second week of the semester, students can no longer add classes online. They must adhere to the policy that requires a written request to the department chair of the corresponding class.

There has been no notice sent to students of the situation. No emails to students informing them or encouraging them to speak to department chairs, advisers or the registrar in order to alleviate any problems that may arise out of such a mistake. So it seems the issue will continue as just that - a miscommunication.

Students who expressed frustration about the initial lack in class availability seemed even more upset about this miscommunication.

"This is my second year as a senior and I'm at my wits end trying to compete with lower-classmen," said senior communications studies major Amanda Holland. "Considering everything I've been through, at this level of education and under the circumstances, I find it hard to believe this type of miscommunication happened."

Inch said there is no "freeze" or prevention in place.

"The most popular definition last week has been 'no adds whatsoever,' which isn't accurate because we have been adding students," Inch said.

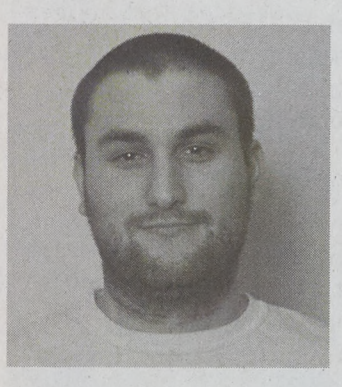
It's clear there was a major miscommunication between the university and faculty with students being the victims of this circumstance.

"There is a girl in one of my classes; she was told she could add if she received signatures. When she went to get the necessary signatures she was told there was a freeze in place and no more students would be adding classes," Holland said.

A misunderstanding like this can cause issues for students attempting to add units for compelling reasons including financial aid eligibility and enrollment minimums.

Mistakes of this magnitude can directly affect students' education and their academic progress. The university should notify them. Enrollment and registration shouldn't be this difficult. It's disappointing to see a college, with a focus on communication, not communicate effectively amongst itself and the students have to suffer the consequence.

Promising future for mobile gaming fans



By Nathan Mendelowitz
opinion@statehornet.com

Handheld gaming has been around since the Game Boy was introduced in August 1989. It ushered in a way to play video games on the go, something to do while bored away from home.

However, with smartphones getting more sophisticated by the year, a new type of gaming has begun that is catapulting into stardom called mobile gaming.

By creating casual games intended for people while passing time, mobile gaming has taken a huge leap forward by making entertaining games.

"Angry Birds" has enjoyed a meteoric rise the past two years. Since it was first downloadable December 2009, it has stayed in the top-five downloads on the iTunes App store.

"Angry Birds" consists of players slinging different types of birds at pigs. The challenge is the pigs usually have some kind of defense, be it wooden or stone barriers.

The gameplay is simple yet addicting, which is why it keeps players hooked. It's that kind of mindless fun of shooting birds over again until you look and almost an hour has passed that makes time fly.

The difficulty continues to rise, but not to the point where the player feels like he or she can't move on to the next level.

"Cut the Rope" is another game that has also seen success in the mobile game scene.

The gameplay is also simple, requiring players to cut ropes to move a piece of candy to a creature.

What makes these games stand out is they continue to evolve.

"Angry Birds" adds new kinds of birds with different attributes and "Cut the Rope" adds new obstacles like rockets or suction cups.

The main thing remaining is the simple gameplay aspect that keeps players coming back and wanting a better score.

It's this type of gameplay that makes it easy for anyone to get into and enjoy.

"It's convenient, time-consuming and cheap most of the time (or) free," said senior communications studies major Yshmael Espinosa.

It just isn't puzzle games that make mobile gaming fun, though.

"Infinity Blade" on the iPhone, is a game made by developer Epic, which makes big name franchises like "Gears of War" and "Unreal Tournament."

In "Infinity Blade," players adventure through a castle fighting enemies along the way and getting new weapons and abilities. The gameplay consists of swiping a finger across the screen to mimic a sword.

What makes the game special is people would not expect this would be on an iPhone if they just saw trailers. The visuals are crisp and look like they deserve to be on a PlayStation 3.

There is nothing better than playing a game in your hands that is not only fun but beautiful to look at.

With all these great games, the bar has been set high. Thankfully, "Infinity Blade" has shown mobile games can be taken even higher than what was thought.

Simple isn't bad, but with "Infinity Blade" and its technical advances, mobile gaming can become something more than a past time.

By adding more intuitive gameplay, mobile games can be something great. Gamers won't have to wait to go home to play a great game when it's already in their pocket.

It's time to go beyond making entertaining games and time for games that are not just fulfilling but leave a lasting impression on a gamer.

Mobile gaming can only get better, and hopefully developers follow Epic's lead and venture into the next level of gaming.



McClatchy Tribune

California makes leap toward equal marriage



By Ashley Jung
opinion@statehornet.com

People go through life kissing frogs and dating losers until they find "the one." They're finally ready to make a lifelong commitment to this person until the state government tells you "No, you can't marry the person you love."

A percentage of Americans aren't legally allowed to marry the person they choose. They can't have a legally recognized wedding, experience documented marital bliss and all the fights and agony that come with it. Don't they have the right to be married like the rest of us?

Well, California is one step closer to making that a reality. Feb. 7 at the 9th U.S. Circuit Court of Appeals in San Francisco, a vote of 2-1 decided the Proposition 8 ban on gay marriage was unconstitutional.

The court stated Proposition 8's only goal was to go against the U.S. Constitution and lessen the status and human dignity of gays and lesbians in California.

In 2008, 52 percent of voters supported Proposition 8 and fought the California Supreme Court after it temporarily legalized gay marriage. What about the opposition?

It's hard to believe anyone would be so against two people in love showing their affections and getting married.

Sweet Lewis, graduate English student, said she understands the pressures of wanting to marry someone others say you shouldn't.

"I think everybody should be able to marry whoever they want to. In my family, I was the very first one to marry a white guy out of my race, so my parents really hated it. I know how it feels not to be able to marry someone you like," Lewis said.

Most people who support Proposition 8 use religion as their justification.

I was raised Catholic and attended private schools until college. Did I miss the part in the Bible where God or Jesus said to hate someone and treat them differently?

The Bible may have frowned upon same-sex marriage, however, it supported a man marrying a woman and her slave (Genesis 16), a female war prisoner forced to marry the male captor (Numbers 31:1-18, Deuteronomy 21:11-14) and a woman forced to marry her deceased husband's brother (Genesis 38:6-10). Yeah, let's pretend all that's fair.

Churches may go against "Jesus loves everyone" and refuse to facilitate a same-sex marriage, but that does not give the government courts the right to ban it altogether.

Separation of church and state is one of the building blocks of our country. Gay marriage isn't a moral argument, it's a constitutional one.

The Constitution is all about protecting our civil and equal rights, not placing one person's rights over someone else's.

The last time I checked, the word equal was defined as "the same as." Equal rights should mean just that.

There will always be controversy surrounding this issue, but as long as the people are given free speech and the right to vote, equality will be fought for.

It's 2012. Our society has made leaps and bounds in the fields of science and technology, we've come so far in giving religious and racial acceptance; why are we so hesitant to give those same rights to another group of individuals?

It's up to the Supreme Court to make equal rights equal.



Photo courtesy of McClatchy Tribune, Illustration by Brittany Bradley State Hornet



Photo illustration Tyler Bazlen State Hornet

Chanel Saidi discusses the uses of free speech and the First Amendment on campus. Read it today at statehornet.com.

STATE HORNET OPINION ONLINE

VIDEO

Sacramento State students react to Proposition 8 being overturned. Watch it at statehornet.com

Finance: Proposed budget changes required GPA to get aid

Continued | page A1

5,900 students applying for Cal Grants to attend UCs and CSUs will be affected by this change.

If transfer students do not get the aid they need to come to a CSU through Cal Grants, there could be a shift to state university grants such as Pell Grants.

"One-third of the tuition is set aside for Pell Grants for current CSU students," Fallis said.

The one-third accounts for more than $600 million.

"As a state that does not always get the best allocation of funding from the federal government, I would tread carefully in removing grants in hope that the federal Pell grants will step up in place of the Cal Grants," said senior public criticism communications major Loyd Aadil.

The Pell Grant budget has not been affected by the proposal, but this resource could be soaked up by incoming students who cannot get Cal Grants.

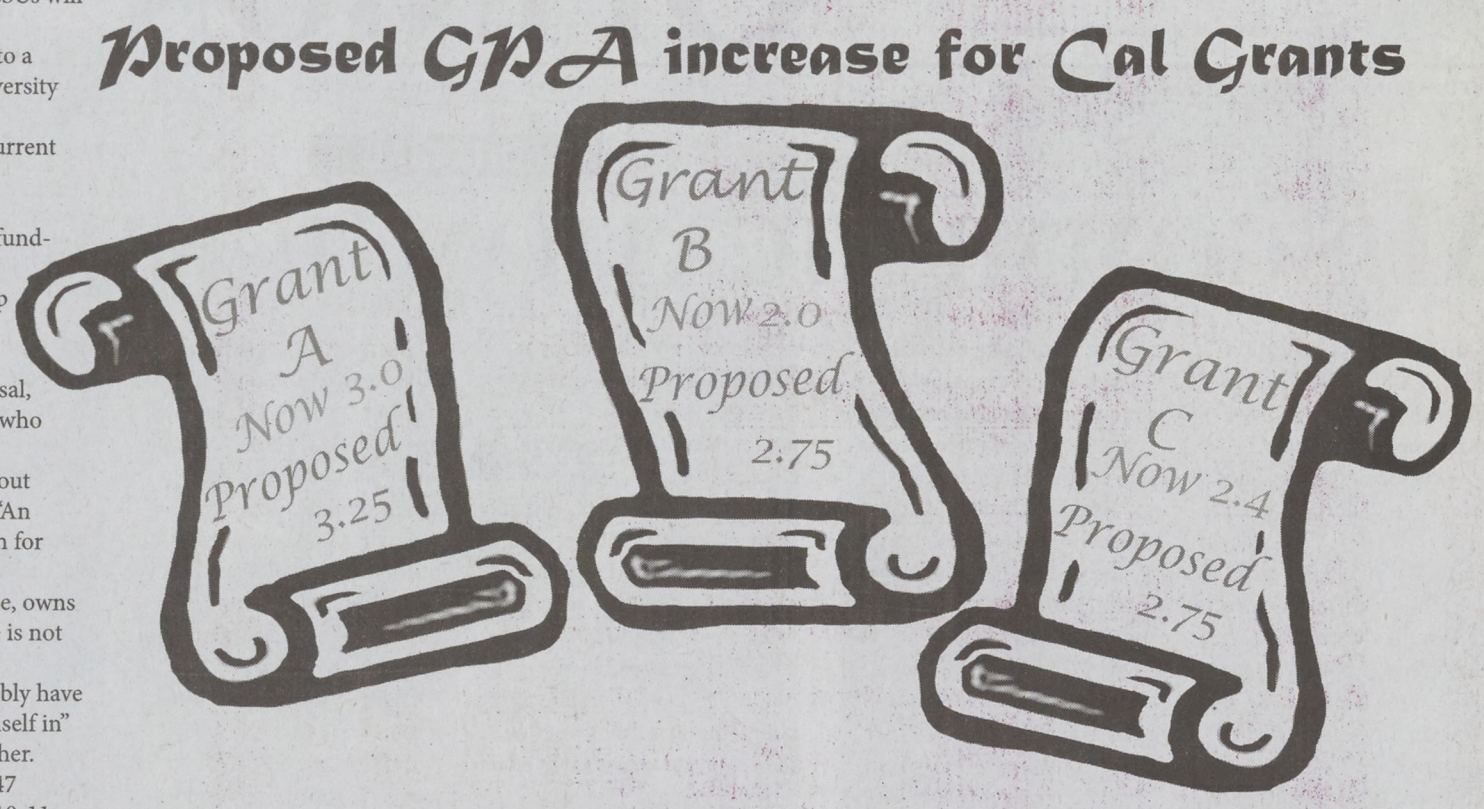
"I have grant 'B' and I believe ... I can't afford school without it," said senior child development major Robert Hrabak II. "An increase of 0.75 to the requirements means I'd have no room for slack."

Hrabak, who is a transfer student, said he works part-time, owns his own home, goes to the gym and has two dogs. Free time is not on his long list.

If the proposal goes through, Hrabak said he would possibly have to drop to part-time student status so he would not "do himself in" and still be able to hold the GPA requirement of 2.75 or higher.

Kim Nava, director of news services at Sac State, said 1,147 incoming transfer students have received Cal Grants for 2010-11. The 2012-13 numbers are not known yet. There are 11,492 students receiving Cal Grants who are already attending Sac State.

"When you cut spending, you reduce the number of people we educate," said Sac State alumnus Josh Roberts, and professor of English at Sacramento City College.



COURTNEY OWEN State Hornet

Education: Push for class materials to be enhanced digitally

Continued | page A3

$35.

Lin said further use of e-books statewide might take a few more years or even longer, but the program is off to a good start.

"I want to see more free books offered, but the quality of the books needs to be improved," Lin said.

Florez said faculty members themselves have to look for the best bargains and costs for students.

"That's where the world needs to go," Florez said. "Students need to be able to read their books online for free."

Lin said the content in the free book he offers for his classes is just not as substantial as the expensive book normally offered.

"The quality of the book is not as good, so I have to do a lot of supplements," Lin said. "It's more work on my shoulders to provide for students."

Florez said any additional content, such as videos, students could pay for, which would help publishers recoup profits.

"It's hard to add value to an already expensive book," Florez said. "Many books come without tools, we want to build things that students would pay for as enhancements."

Florez said many students cannot afford to spend the $300 or $400 on textbooks that are required every semester.

"Certain books are more expensive then the course itself at a community college," Florez said.

Florez said the legislation is now more focused than ever before on higher education.

"I think we are definitely on the verge of the entire ecosystem for textbooks changing," Florez said. "Everything is coming together."

Tweets from @deanflorez

We need to reinvent the textbook. completely agree. And stop thinking that 60 pound backpacks filled with paper are the answer:maybe iBooks2
Jan. 19

@txtbks When the big 3 publishers offer the chemistry book on the ibook2 platform for $14 bucks, I say Apple has redefined the textbook.
Jan. 19

CSU Rep: "technology will make it convienent for people to make better choices" to lower textbooks costs. Working with publishers.
Feb. 1

America's App Economy –had zero jobs just 5 years ago before the iPhone was introduced. Imagine eTextbook creators?
Feb. 10

less pay. more play.
reserve your space today for fall 2012
close to campus. private bedrooms available. individual leases. upgraded amenities

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AN AMERICAN CAMPUS COMMUNITY

Designers at Sac Fashion Week

Sacramento State students' designs to appear on this year's runways

By Jessica Scharff
features@statehornet.com

Sacramento is getting a makeover as a throng of fashion designers, photographers and industry insiders prepare for the annual Sacramento Fashion Week held Feb. 21-25.

Workshops, forums and fashion shows will give outsiders a peek inside the exciting world of fashion.

A panel of industry professionals will educate students and community members about opportunities within the fashion industry on Feb. 23 during the Fashion Forum hosted by the Student Fashion Association at the Hinde Auditorium in the University Union at Sacramento State University.

"The forum is going to have a lot of designers, stylists, people who are actually in the industry from different areas of California," said Tamika Bellamy, Student Fashion Association president. "You never know who you're going to meet so it's a really good networking opportunity."

Both the workshops and forum are free to the public.

The week will end with two days of fashion shows on Feb. 24 and Feb. 25 when 16 Northern California designers will send their collections down the runway.

In their Sacramento Fashion Week debut, lifestyle brand PLDM will be showcasing their 15-look collection during Saturday's lineup. Launched in December 2010, PLDM is the brainchild of Hannah Hicks and Kevin Rogers, two Northern California natives who turned their love for music, fashion, skating and art into a collection of upscale yet simple garments. "It's definitely inspired by just all different genres of music, art, graffiti art, street art (and) skating," Rogers said.

These elements came together in a collection that stays true to the individual's style while fitting into their lifestyle, Hicks said.

"They're just really comfortable clothes that aren't over the top," Hicks said. "You can be active in all those things and still have style while you're doing it."

The 15-look collection includes eight for women and seven for men.

"We've pushed each other a lot on this one. It's pretty much everything now," Rogers said on the expansion of the line from tees to denim to jackets.

Yet, even as the line has expanded, Hicks and Rogers continue to create items that can easily be integrated into preexisting wardrobes.

"A lot of it is staple stuff that you can pair with other things to get your individual look you're going for," Hicks said.

After the show, Rogers and Hicks said they plan to begin work on PLDM's summer line while reaching out to musicians, skaters and surfers who may be interested in teaming up with the brand.

"We kind of want to create just a big collective of talented people that are good at what they do and look good doing it," Rogers said.

After her 1950s-themed collection was a success at last year's Sacramento Fashion Week, designer Janelle Cardenas has returned to the runway with her 12-piece collection titled "Love."

"This collection is inspired by mainly my mom. My mother was actually a seamstress and my mom's college years were in the '60s. A lot of my inspiration for this collection embodies '60s mod," Cardenas said.

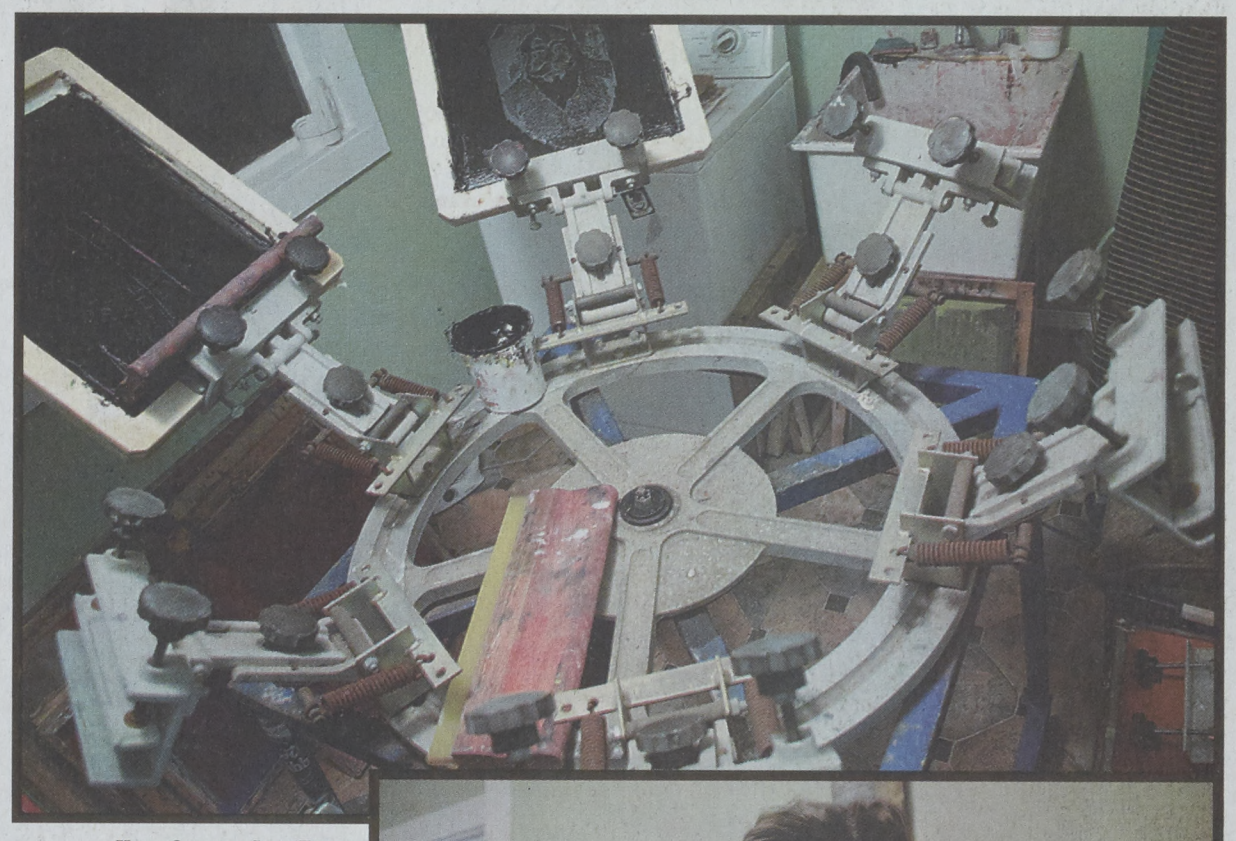
In designing her collection, Cardenas drew inspiration from family photos, music, movies and mod icons such as Twiggy and Edie Sedgwick.

"I love things that are vintage. I think things from the '20s through the '60s have this classy appeal with clean lines and an edge," Cardenas said.

While finding ideas in past decades is a large part of her design process, Cardenas said she aims to create garments reminiscent of the era while maintaining a modern feel suggestive of the woman who wears it.

"What I try to do with my pieces is in terms of classiness," Cardenas said. "I believe every woman wants to be classy, but every woman wants to be unique in their own sense."

Cardenas' designs are available by order-only through the designer.



Kelly Ondricka State Hornet



Robert Linggi State Hornet

Top: PLDM uses a screen-printing machine for some of their designs. Right: Hannah Hicks, designer for PLDM, works on a pair of women's jeans.

Sac State senior public relations student Joycelynn Brown will showcase "Kennie's Doll," her clothing line named after her daughter, during the Feb. 24 fashion show.

"The line is named after my daughter Kennie Marie," Brown said. "In my mind all the models are her dolls and I wanted to dress them up."

Feminine and romantic, "Kennie's Doll" encapsulates the love and joy Brown feels life has brought her.

"My line is inspired by my life. I have a 3-year-old daughter and am engaged and getting married at the end of the year," Brown said. "It's really beautiful with a lot of love and romance in my life. I'm really hoping to express that through the music, clothing and fabric choices."

Attendees to the show can expect to see Brown's romantic inspiration through her use of flowing chiffons and light colors such as cornflower blue and green. Brown said each piece is made to timelessly show off a woman's silhouette without going overboard.

"I have a similar opinion as Diane von Furstenberg of 'Be a woman, wear a dress,'" Brown said. "I believe that you can be beautiful and sexy without being inappropriate."

Check out the Sac Fashion Week's Designer Showcases Feb. 24 and 25 at the Elks Tower Ballroom at 921 11th St. in downtown Sacramento from 8 to 10 p.m.

New makeup trends for spring, summer

By Candice DeVries
features@statehornet.com

Spring and summer makeup trends will hit the scene with an array of bold lips and smoky eyes.

According to the February issue of InStyle, hot pink lips are the "Look of the Moment." The magazine shows celebrities such as Amber Heard, Gwen Stefani, Taylor Swift and Olivia Wilde rocking the hot pink lips for their red carpet appearances.

"My favorite item is definitely our lipsticks we have coming out," Summer Pettek, MAC employee and Sacramento State communications major said. "There's a really bright purple and neon orange that I love."

In the world of MAC, Pettek said the newest and most popular trend is a natural-looking face with just a pop of color and glowing skin with either a bold lip color or bold eye makeup. Pettek said to use colors in the copper, brown and rust families to achieve a glowing face.

Collegefashion.net's top three trends are brightly colored lips with neutral eyes, navy smoky eyes and bronzed skin. Harper's Bazaar online said its No. 1 trend coming up for the spring season is red lips.

Jessica Flores, a five-year employee of Sephora in the Arden Fair Mall, said lightweight face makeup and luminizers are in high demand for college students at their store.



Alexandra Poggione State Hornet

L'Oreal came out with a new item called Magic Lumi which is a light-infusing primer to help skin glow.

"Girls come in for the smoky eye look, just like Kim Kardashian," Flores said.

InStyle's February issue contains ideas for achieving a smoky eye and how to wear red lips just right.

Revlon's newest item, Colorstay 16-Hour eyeshadow, can be found at stores like Target, Ulta and Wal-Mart.

Between Sephora and MAC stores, false eyelashes, eyeliners and smoky eyeshadow pallets are constantly selling around all makeup stores. Winged eyeliner is a trend appearing throughout the nation and is making an appearance this year in magazines.

Lauren Conrad, star of Laguna Beach and The Hills, has shown up in many photos on the Internet sporting the winged-eyeliner look. On her website, laurenconrad.com, there is her own "Makeup How To" section featuring the eyeliner trend.

Readers can find helpful tips and tricks for makeup application in magazines and the Internet. Adopt these trends and soon enough everyone can be looking like they came straight out of Fashion Week.

Selland's Market Cafe's palate-pleasing offerings

By Alexandra Poggione
features@statehornet.com

I can appreciate any restaurant that offers pitchers of bloody marys and French toast casserole for Sunday brunch.

Selland's Market Café opened the doors at its new El Dorado Hills location on Jan. 30. The restaurant combines family-style seating, shelves of pre-packaged goods and fresh ingredients in all its dishes to create a deliciously streamlined dining experience.

White and a muted lime green dominate the color palette and imbue a clean, sophisticated vibe into the airy space. Diners choose their own seats from a variety of tables – some have eight or more chairs to reinforce the family-style idea of eating with others not in your party – and either a waiter brings the order to the table or, if diners choose food from the ready-made cases, they carry the plates themselves.

Selland's runs a special most days of the week, including a dinner special that changes weekly. Customers can get two entrees and a bottle of wine for $25 or order a la carte for dinner. There is also a Sunday Brunch special that includes two full-size portions plus two pints of bloody marys – more than enough to get the juices flowing.



Alexandra Poggione State Hornet

Selland's Market Cafe's eggs Benedict comes with hollandaise sauce, prosciutto and sour levain bread.

Sunday brunches at Selland's do not fit into the typical brunch idea of overcooked eggs, floppy bacon and watery quiche. Walking through the door, you are greeted by a

see **Breakfast**| page B2

@SacState, #csus Tweets of the Week

@KathyAngel2
@DominicNanni @BarackObama ~Poly Sci was my second degree. My first was pre-law. Also Gov't Journalism. #CSUS best school ever.
Feb. 13

@wuvangie
Starting an essay thats due wed. #sacstate bound. ((((:
Feb. 11

@britt_candace
I hate fridays !! these 3 hour classes are gonna be the death of me ! #csus
Feb. 10

@calstate
We're famous! A @SACSTATE music professor is up for a grammy!
Feb. 10



McClatchy Tribune

see **more tweets on** page B2

Spring fashion trends include wedges, polka dots, leopard

By Brittany Lambert and Mitchell Wilson
features@statehornet.com

The spring season is coming up and it will be time to stock up on fabulous spring fashions.

But when students do not want to spend all of their paycheck to get that cute spring dress, what can they do?

Finding a great deal means looking cute for spring and not be a fashionable, broke college student.

Forever 21, Nordstrom and Macy's are three stores with stylish clothes and good deals.

They offer all kinds of clothes for any occasion, and all three stores have lots of sales to tempt you to come into their stores and shop until you drop.

Sacramento State student and Student Fashion Association Historian Brittany Rodriguez shared her predictions on what would be the big fashion trends this spring season.

"I would say floral prints and bright bold colors will be coming into play a lot this spring," Rodriguez said.

Forever 21 is a great place to go for cute floral prints for a bargain.

They have an array of dresses and blouses this season and most cost $30 or less. They have a floral print dress with soft pastel colors and a belt. It is a very simple dress with a round neckline, it has gorgeous pastel pink, blue and cream colors and costs $26.90.

If you are looking for a cheaper dress, there is a pretty crisscross floral dress for $18.

Rodriguez also said bright colors will be an upcoming fashion trend this season.

Whether they are on jeans, dresses or tops, bright colors are bold and make you stand out in the crowd.

Macy's has an assortment of clothes in bright colors for a decent price. They have an XOXO blouse top in neon red for $30 and a Rampage neon blue and purple striped halter for $17.99.

There is also a Fresh Brewed top - a short, dolman-sleeved striped V-neck in neon blue for $17.99 and the Ultra Teeze top, a sleeveless, striped swing tank for $30.

Macy's also carries lots of fabulous dresses in neon and bright colors, which are trendy and modish because it can be worn on a casual day and look stylish as well.

There is an Ali & Kris dress with neon blue skirt and bright green top for $26.99.



McClatchy Tribune



McClatchy Tribune

Top: Wedges like these are predicted to be popular during spring and summer. Bottom left: Animal prints continue to be a trend. Bottom right: Many floral dresses are available to suit your style and needs.

Sac State alumna Claire Warner said one of the fashion trends this season would be animal prints.

Warner has a degree in apparel marketing and design and a background in fashion.

"Some trends right now I've noticed are animal prints and grey colors," Warner said. "I like animal prints because they add a bit of edge to classier styles."

Animal print on tops and dresses could be a big hit this season and you can find these for a great bargain at most stores.

At Macy's, they have an XOXO chiffon animal-print top for $30.

For ladies who like halter tops, they also carry a Fire Top which is a sleeveless, ruffled metallic animal print top for $20. Both are good buys at $35 or less.

At Forever 21, shoppers can find some great bargains on animal print tops as well. They carry a zebra stripes top for $15.80 and an animal-print burnout tee for $19.80.

Nordstrom has a Current Affair hooded cardigan in grey for $33.90 and a Calvin Klein belted ponte knit sheath dress for $78.90.

Those who want to splurge should check out Nordstrom because they have a lot of designer brand items like Prada, Versace and Manolo Blahnik.

Shoppers would not find these brands at other stores in the mall. Although most of their clothes and items are expensive, it is fun to go and look around in the store.



Alexandra Poggione State Hornet

"I have a pair of TOMS platform wedges and I love them," Rodriguez said. "I will definitely rock them around campus when the weather heats up."

A pair of TOMS wedges can be found at Nordstrom. They come in a variety of styles and colors, are chic, popular and cost $69 to $89. Even though the shoes are pricey, when you purchase any pair of shoes, TOMS will donate a pair of shoes to a child in need.

Splurge on a durable pair of shoes because they will look better and last longer than a cheap pair.

Look for TOMS wedges at Nordstrom and Zumiez at Arden Fair Mall.

Good Stock Boutique and Getta Clue at Westfield Downtown Plaza Mall are also good places to find TOMS and they have some good sales too.

Standing out in the crowd can be increased with a simple accessory or two.

Forever 21 sells brightly colored necklaces for under $10 in an array of designs, from chains to strands to beads.

There are enough etched, glittered and studded bracelets and bangles to match any style one wishes to wear.

Fashion does not have to be expensive for any college student if they are willing to put in a little footwork while looking around.

Breakfast: New restaurant location offers weekly specials

Continued | page B1

waiter with a menu as well as the sight of three display cases full of different soul-satisfying food options.

On the regular brunch menu are 11 different breakfast options, including crab cakes Benedict with hollandaise and sour levain bread and a breakfast pizza with mozzarella, prosciutto and farm-fresh eggs.

That morning, I decided to pass up the brunch special of French toast casserole in favor of something a little more savory: the eggs Benedict and a tall bloody mary. After paying for my food and selecting a table, I placed my number and settled in with my dining companion to wait.

The first to arrive – happily – was the bloody mary. It was chilled and spicy, garnished with a lemon wedge, celery stalk and a basil leaf and rimmed with a slightly spicy celery salt. Sometimes bloody marys can be watered down, but this one was full of tomato flavor and not overpowered by vodka.

The next to arrive was the eggs Benedict.

Let me amend that: the best eggs Benedict I have ever eaten.

The hollandaise was buttery without being broken and tangy without being tart. Poached eggs are difficult to get right, and while these were slightly underdone for my taste, a poke of the yolk sent it trickling over the edge to mingle with the hollandaise to create – in two words – breakfast heaven.

The prosciutto was soft, not stringy, and combined with the sharp, buttered levain and yolky hollandaise made for the perfect bite.

The fried potatoes on the side were merely average, but a trip through the leftover hollandaise improved their aspect immensely.

The star of the plate was the Benedict, and rightly so; I could not have made it better myself, which is my main criterion for eating out.

Prices are a little high for the average college student - averaging between $12 and $14 for entrees - so it may be worth the while to wait it out until there is a little more cash in your wallet before making a visit.

However, the weekly dinner for two specials, the Sunday brunch specials and amazing food could make you a Selland's regular in no time flat.



Alexandra Poggione State Hornet

Top: Selland's Market Cafe sells desserts and other food a la carte. Right: The interior of the restaurant is clean and bright.

@SacState, #csus Tweets of the Week

@jrm379
I love Sac State, haters Get Off #CSUS
Feb. 9

@Rubberdougy
Way to go #SacState! Great game!
Feb. 9

@Scoundrel12
Today is about to be hella long at #csus
Feb. 9

@mkmadrigal
Say what you want about @sacstate but I think they have one of the best university websites. #hornetpride
Feb. 8



McClatchy Tribune

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SACRAMENTO STATE'S BASEBALL TEAM HOSTED ITS SECOND ANNUAL DIAMOND DINNER ON FRIDAY WITH GUEST SPEAKER AND SACRAMENTO NATIVE LARRY BOWA. READ FULL ARTICLE ON B4.



HORNETS SURGING LATE

SACRAMENTO STATE MEN'S BASKETBALL WILL COMPETE FOR LAST PLAYOFF SPOT

BY JOSH STANLEY
sports@statehornet.com

With four Big Sky Conference games remaining, the Sacramento State men's basketball team still has a chance to make the postseason tournament.

The Big Sky Tournament will feature the six best teams in the conference and the winner will have an automatic bid for the Division I NCAA Tournament.

The Hornets enter tonight's matchup with Portland State University 1.5 games back of the sixth place team, Eastern Washington University.

Portland State has not faced the Hornets yet this season.

The Hornets come into the game 4-1 in their last five games and the lone loss came on Saturday to Montana by nine points, which was a 20-point improvement from the last time the teams met on Jan. 21.

Senior center Josh McCarver said the team is focused right now and looking to make the conference tournament.

"Everyone on our team is so driven right now and we all know how important our remaining games are," McCarver said. "We are going to keep practicing hard and do our best to put ourselves in a position to make the postseason."

After the Hornets play fourth-place Portland State tonight, they will take on San Jose State University on Saturday in a non-conference game. The Hornets play Portland State again on Feb. 23 and then have their final game against Idaho State University on Feb. 25.

Junior forward Joe Eberhard said playing Portland State twice could be more difficult the second time they play each other.

"The second game will help

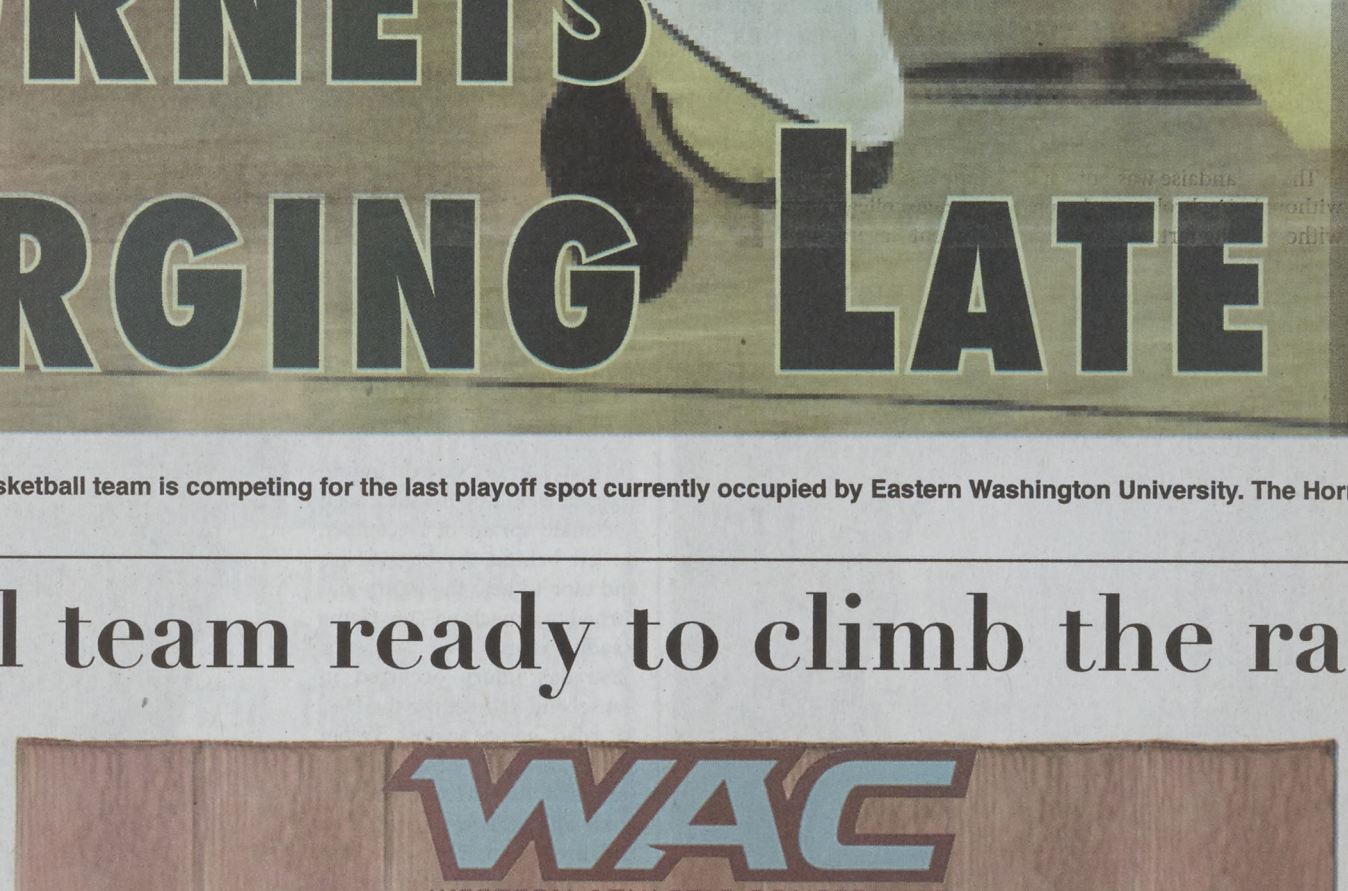
see **Playoffs**| page B6

JESSE CHARLTON State Hornet

The Sacramento State men's basketball team is competing for the last playoff spot currently occupied by Eastern Washington University. The Hornets play at Portland State University tonight at 7:05 p.m.

Baseball team ready to climb the rankings

BY JOE DE OCAMPO
sports@statehornet.com



COURTNEY OWEN State Hornet

The Sacramento State baseball team is predicted to finish in last place in the Western Athletic Conference this season, but members of the team feel confident the team has what it takes to be successful.

The Sacramento State baseball team will be relying on the talents and experience of its veterans to help guide the new freshmen through the season as head coach Reggie Christiansen enters his second season leading the team.

Assistant coach Thad Johnson said the team's strength comes from returning players bringing their experiences from past seasons and the freshmen bringing a variety of talents.

"We have a lot of guys who understand what it's like to play this game on a daily basis, and how much failure there is in this game. It is also our biggest weakness because we are still relying heavily on freshmen and sophomores," Johnson said.

Sac State ended last season with a record of 19-39 overall and 6-18 in the Western Athletic Conference.

Senior catcher Derrick Chung batted third in lineup last season with a .256 average and scored 38 runs. He said he has confidence in the team this season.

"This is probably the best team that we have had in a while," Chung said. "Our leadership is very good this year."

Chung said the seniors, such as Trevor Paine, Brent Hottman and himself have been through a lot during the years of playing together and they take the lead for the younger players.

Fifth-year infielder Paine is returning this season after batting .220 and starting 14 games for the Hornets last season before suffering a wrist injury. Christiansen said he will help lead the team.

The Hornets are adding 12 freshmen to the roster. Christiansen said the group is talented, but their full potential cannot be measured until they compete against other teams.

"You never know until you get them out here opening day against somebody else," he said.

Christiansen said the freshmen have been successful in working with the team and building chemistry.

"We are just taking it one year at a time and I think this group has a chance to be successful," Christiansen said.

Johnson said last season was the building year with the team starting games with seven to eight freshmen.

"We have a couple good returning seniors that are very good with our younger guys and we feel the freshmen that will play are ready," he said.

Chung said the freshmen have been working together and following the example set by the seniors.

"They work hard because they watch us (seniors) work hard, I feel that for their age they are able to keep up," Chung said.

Chung said the freshmen show promise, such as infielder Scotty Burcham, pitcher Brennan Leitao and outfielder Kyle Moses.

Burcham, from Palm Desert High School, hit .371 and had 30 runs and 29 RBIs his senior season and was named the Most Valuable Player of the California Interscholastic Federation Southern Section.

"He is a really good defensive shortstop and he works very hard," Chung said. "He doesn't get nervous too much, he has a lot of power, but could be a little better with his mental game but he's got a lot of talent."

Johnson said Burcham is one of the better defensive players in the league.

"Overall in the defensive standpoint, in two to three years he's going to be the guy a lot of people will be talking about," Johnson said.

Leitao, from Woodbridge High School, was selected for the 15th Annual Ryan Lemmon All-Star Showcase. He had a 1.63 ERA with 30 strikeouts while batting a .385 with 16 runs and 24 RBIs in his senior year.

"(Leitao) has a chance to pitch in some valuable innings for us this year," Christiansen said.

Johnson said he has strong composure, poise and able to handle himself well with a stoic attitude toward the game.

"He is one of the better pitchers out of the pen, to be honest, I can see him becoming a starting pitcher one day," Chung said.

Moses, from Tracy High School, led his team with 26 RBIs. His achievements earned him a place on the All-San Joaquin league for each of the four seasons played in high school.

Moses said he came into the team with the intention to play hard and bond with teammates to better the unit and himself.

"The experience is great, but I just came in trying to gain the older guys' respect and I want to keep working hard and getting

see **Preview**| page B6

Sacramento State basketball shares its game day rituals

By Gabriel Pacheco
sports@statehornet.com

Sacramento State's men's and women's basketball players' pregame rituals can be a little strange, yet, as simple as listening to music right before each game.

It takes a shiny, freshly shaven head to get Sac State's men's senior forward Heath Hoffman ready to go.

What was once a daily routine, Hoffman has made it into a pregame ritual he started doing at the beginning of the season to bring his team and him good luck.

"Everyone on the team has their own thing they do," Hoffman said. "I like to keep my head clean."

Every year, Hoffman said he tries to find another thing he can do differently that will help him get ready for each game.

"Last season, if we won, I would keep and wear the same socks," Hoffman said. "This year, it's been the head shaved.

Needing to eat the right food as game time approaches also creates a particular routine, Hoffman said.

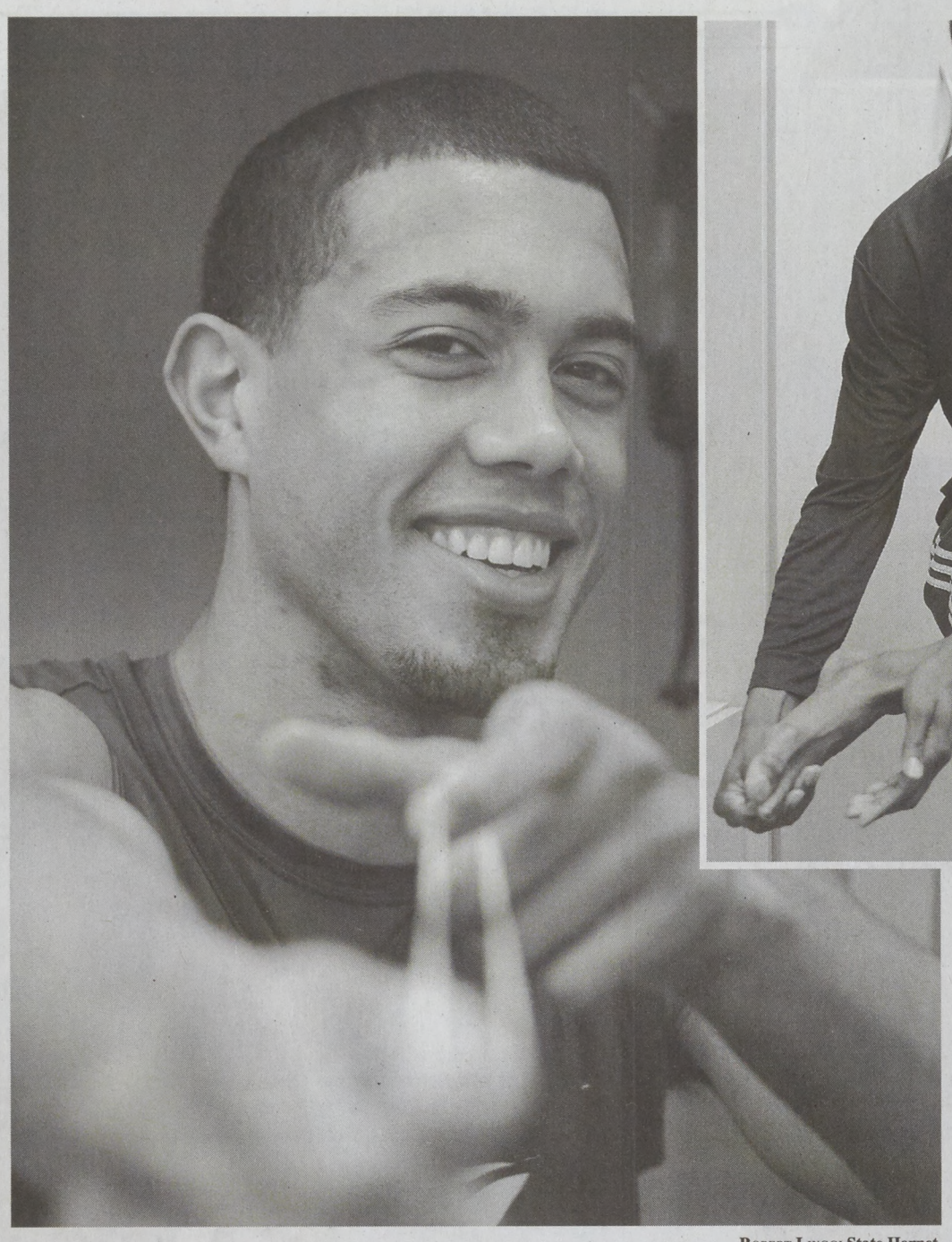
"In the morning, I have to eat a bowl of Kelloggs Krave that's the good, new stuff." Hoffman said. "And usually two peanut butter sandwiches right before the game."

Hoffman said music is also part of his routine - it's what brings his focus together during shootaround.

"I like to be the first one at the gym getting some shots up while listening to Wale and J. Cole," Hoffman said. "I could listen to them all day."

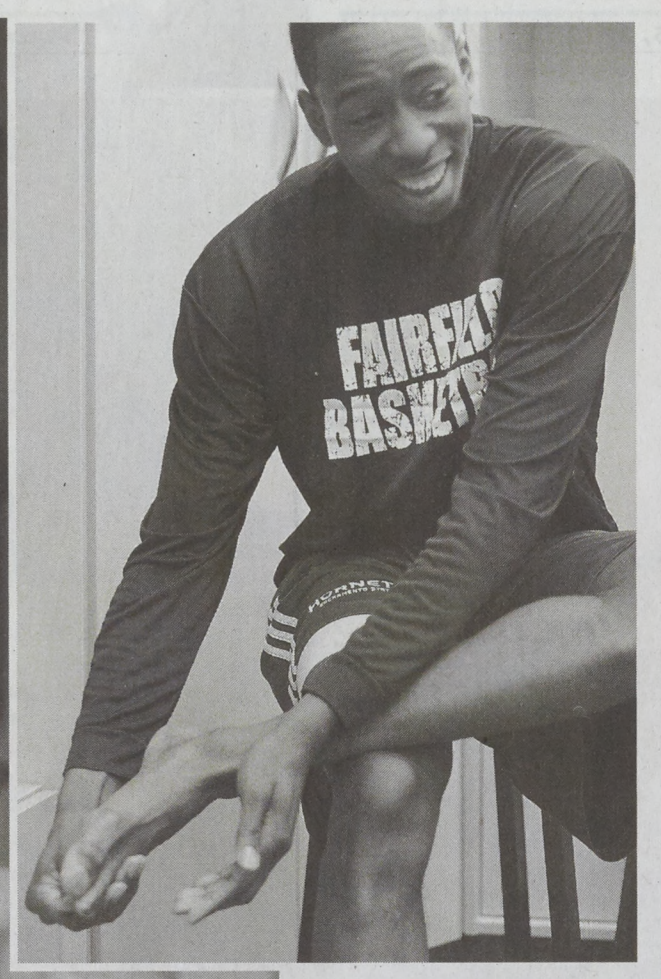
As for teammate John Dickson, his ritual came to him as a surprise that started back in high school.

Dickson said his feet were hurting him a lot one day while playing a game for Fairfield High School.



Robert Linggi State Hornet

Basketball's senior Josh McCarver routinely practices and plays with a lucky rubber band, which he places in his left sock.



Robert Linggi State Hornet

One might think rubbing Vaseline between toes would be a strange experience, but it's just average practice for junior forward John Dickson.

"At halftime, I got some lotion and Vaseline because I thought it would help," Dickson said. "I wanted my feet to feel smooth and it worked, so from then on I would do it before each game."

Dickson said he continues to rub his feet and toes down with lotion and Vaseline as a Hornet before each game, adding the only brand of socks he will wear on his feet are the NBA logo ones.

"They have been the only socks not to cause my feet problems," Dickson said.

Before the game, Dickson said he likes to get a lot of rest and shower before leaving.

"It helps get all my nerves calmed down," Dickson said. "So when I show up for game time I can listen to Meek Mills, FAB and other R&B artists to help get me going."

Josh McCarver had a ritual that dated back to his years in junior college.

"I have a lucky rubber band I play with, but take off for practice and place in my left sock." McCarver said.

McCarver said he also has a sleeping routine that involves him waking up to do something, only to fall right back asleep afterwards.

"I have to have a nap, it ruins everything if I don't," McCarver said.

At every halftime, McCarver said he switches out his old piece of gum and replaces it with a fresh piece every game.

For freshman forward Megan Mullings' pregame ritual, it involves putting a contrasting color rubber band around her shoe. It started back when she was in high school on her first club team and continues to do so each game as a Hornet.

"The girls that I talk to from that team still do it to this day," Mullings said. "It was started by a teammate who would always have these random color rubber bands. She told us to put one around a shoe for good luck."

She would switch the rubber band from shoe to shoe if she was having a bad game, Mullings said.

To help prepare herself, Mullings said she would go over scouting reports on the team's best player, while listening to her favorite song "A-- Back Home" by Gym Class Heroes.

"Music helps gets all the clutter out of my mind," Mullings said. "I am able to be focused as game time approaches."

Mullings said in high school she had a ritual of making herself rowdy and angry before each game - something she's changed in college.

"It didn't help me at all," Mullings said. "I had to learn how to control my emotions because if I didn't I would get called for a lot of technicals."

Now, since being a member of the Hornets' women's basketball team, she is more comfortable handling herself, Mullings said.

"I am able to visualize, in my head, what I see myself doing in practice or game." Mullings said. "Doing this has helped me a lot because I can expect when I am about to get a foul called and not freak out."

Former MLB manager talks at annual Diamond Dinner

By Ryan Kuhn
sports@statehornet.com

Former Major League Baseball manager and Sacramento native Larry Bowa spoke about respecting the game of baseball to Sacramento State baseball players, coaches and alumni at the second annual Diamond Dinner Friday to start the 2012 season.

The event, held at Hilton Arden West's Grand Ballroom, celebrated and raised money for the upcoming season.

"The easiest thing to do is to play hard," Bowa said. "If you can't play hard for nine innings, then you shouldn't even put the uniform on because you are wasting people's time."

Sac State senior catcher Derrick Chung took those words to heart.

After shaking Bowa's hand and taking a picture with him, Chung said the speech motivated him to want to play hard.

"How often do you get to see a guy like that," Chung said. "I feel like I'm part of something bigger than just a baseball team. I'm ready to go play tomorrow."

Sac State assistant coach Jake McKinley was the mastermind who put the event together.

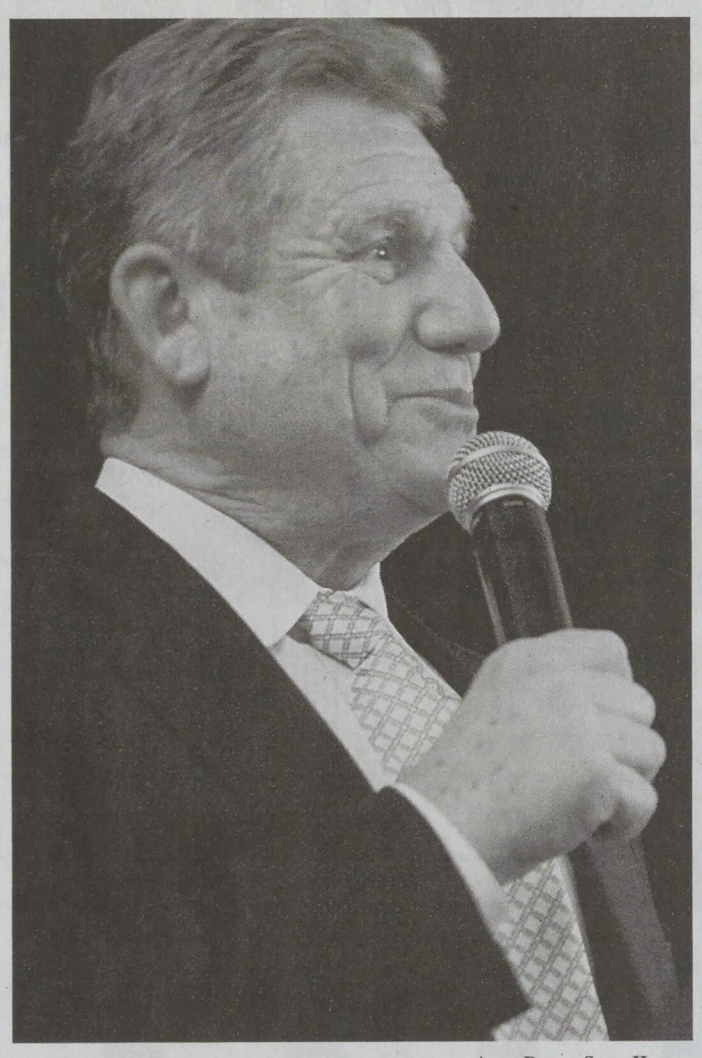
"This is an opportunity to allow the community to meet our players and coaches," McKinley said. "It's not only a fundraiser, but it's certainly a way to raise awareness for our baseball program."

Last year, the event generated nearly $15,000 with the money helping pay for travel and equipment, said head coach Reggie Christiansen.

"Being in the CSU system, we need to raise some money to help fund the program to treat our players as good, if not better, than other programs out there," Christiansen said.

With both a silent and live auction, where people could bid on a various sports memorabilia, McKinley said the event raised nearly the amount of last year's dinner.

Bowa, who managed the San Diego Padres from 1987-88 and the Philadelphia Phillies from 2001-04, said it meant a lot to come back to his hometown.



Adam Dillon State Hornet

The Sacrmento State baseball team hosted its second annual Diamond Dinner at the Hilton Arden West's Grand Ballroom on Friday night. Former Major League Baseball manager Larry Bowa gave a speech to inspire the team to play the game the right way.

"This is where everything started for me and it's really come full circle," Bowa said, who was a graduate of McClatchy High School. "To do what I did at the big-league level and now watching these kids chase their dream, it is something special."

While some players get drafted out of high school, Bowa told the team how important it was to get a college education.

"The No.1 thing is to get your degree," Bowa said. "If you become a big league baseball player, you will have that degree to fall back on. If something should happen like you get hurt and it ends your career, without that degree, you are rolling the dice."

After Bowa was finished, Christiansen spoke about his goals for the program and this season.

Last year Sac State showcased many young players and finished with a 19-39 record. Although the team was picked to finish last by WAC coaches, Christiansen said his ultimate goal is to make the Hornets a top-25 team.

"The great thing about sports is every year you get an opportunity to start over," Christiansen said. "Last year was not a very good year and I think our players are looking forward to put that behind us and Friday, we will get that opportunity to start over."

Basketball's Estrada uses new methods to heal quick

By Josh Stanley
sports@statehornet.com

When junior guard Jordan Estrada went down with a high left ankle sprain in December, he left behind the bags of ice and tape to heal the injury and turned to a machine - the Game Ready system.

Estrada's injury occurred in the second half during the Dec. 31 road game against Weber State University. The training staff and Estrada assessed the ankle and said they thought he had broken his foot, but later realized they misdiagnosed it and downgraded the injury to a high ankle sprain.

"It felt like a break," Estrada said. "Our trainer and (Weber State's) trainer said where my pain was I definitely broke it, but it was just a sprain. But with the Game Ready and the help of (Hornets' Athletic) trainer Joe Ramos, they helped me get back as soon as possible."

The recovery plan for this type of injury is four to six weeks, but high ankle sprains like Estrada's can take months to heal, Ramos said.

"Four to six weeks is probably an average on a third-degree (sprain)," Ramos said. "I think (the Game Ready) took off a lot of time (for Estrada). Third-degrees are a little bit longer, especially a high ankle sprain. They have a tendency to take months because they don't heal as quick."

The Game Ready itself costs around $2,500 and the individual attachments range between $300 to $500, Ramos said.

The Hornets' training staff has four additional pieces - one for a small foot, a big foot, a knee and a shoulder.

The machine runs on water and ice that is put into the back of it and cooled to 32 to 34 degrees Fahrenheit. The cold water is then funneled through the tube that leads to whichever piece is attached and then it compresses and ices the injured area.

Ramos said the process to get Estrada back required him to sit with the Game Ready on for 30 to 45 minutes per day in the morning and before and after practice.



Michael Hemenway State Hornet

Junior Jordan Estrada of the Sacramento State men's basketball team uses a device called Game Ready to recover from a high ankle sprain he suffered on Dec. 31 against the Weber State University Wildcats.

On the road, Ramos said bringing the Game Ready with them costs too much to ship, but the other universities training staff's help accommodate the Hornets when they arrive.

"We have a really good relationship with most of the trainers in the Big Sky Conference," Ramos said. "We come in on Wednesday night to play on Friday. If we call in advance, they will open up their training room to us and if they have a Game Ready, they will let us use it."

Estrada was on crutches for two to three days before he switched to the walking boot for the next two weeks.

They continued this process until the swelling subsided after about two or three weeks and he was able to put weight on his foot again.

Estrada was then eased back into shape as the trainers were cautious with him every step of the way.

He first started with walking without a boot and then moved into small amounts of running and cutting in practice until he felt he could run at full speed and rejoin the team.

Estrada missed five games because of the injury and was back almost four weeks later for the rematch with Weber State, which Ramos said was way ahead of schedule.

Head coach Brian Katz said seeing Estrada back so soon was nothing new to him because of how strong he is.

"I'm not really surprised at all,"

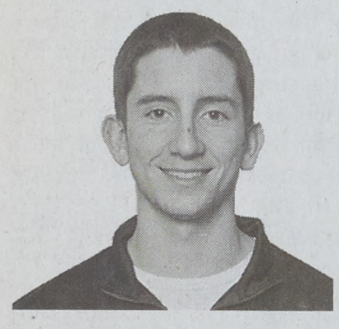
see **Health** | page B6

D2T

ON SECOND THOUGHT

On Second Thought: Worst sports city

THE STAFF OF THE STATE HORNET WEIGHS IN ON WHO THEY THINK THE MOST DISAPPOINTING SPORTS CITY IS IN HISTORY. IS IT WINLESS CLEVELAND, TALENT-TRADING ORLANDO OR HEARTBROKEN IN SEATTLE? SEE IF THEY PERSUADE YOU.



BY JOSH STANLEY
sports@statehornet.com

Being the proud New York Yankee fan I am, I have experienced nothing but winning.

But that is not something a fan of Seattle teams can say.

The Seattle Seahawks, Mariners and Supersonics have done little to nothing for their city.

Starting with the Mariners, they have never even been on the World Series stage.

The Mariners' only success has come from the three American League West titles they won - the last coming in 2001.

In football, the Seahawks have been fairly successful. They have won the division seven times and made the playoffs 11 times, but they have only been to the Super Bowl once, back when they lost Super Bowl XL to the Pittsburgh Steelers.

The Sonics won six division titles, three Western Conference titles and, brace your self Seattle fans, one NBA Championship back in 1979.

The Sonics were able to go to three NBA Finals and take home the trophy once, but the fans would eventually be heartbroken in the late 2000s.

The city's only winning team was ripped away after the 2007-08 season and sent to Oklahoma City now called the Thunder.

Throughout all the years with the Seahawks, Mariners and Sonics, the city has experienced 111 seasons with the three teams and they only have ONE championship to show for it.

This city has risen above them all on the list of garbage cities to be a fan of and the next few years do not look like they will be any better.



BY GABRIEL PACHECO
sports@statehornet.com

It is only a matter of time before the city of Orlando, Fla., says farewell to "Superman," yet again.

To Orlando, it is 1996 all over again as they watched their first Superman Shaquille O'Neal, fly away from what he called "a dried-up little pond" and land in LA - where he won three consecutive championships.

But there is more, in the past 14 years the city has seen their only team make it to the NBA Finals twice.

The Magic was swept in four games in the 1995 NBA Finals by the defending champion Houston Rockets and lost in five games against the Los Angeles Lakers in the 2009 NBA Finals.

They were criticized about the Grant Hill and Tracy McGrady dynamic scoring duo, but never worked out as everyone thought it would - Hill was plagued with ankle injuries during his seasons in Orlando.

Now the city is faced with the awaited trade of the present Superman, Dwight Howard.

Howard is expected to be traded after this year's NBA All-Star Game, ironically in Orlando, on Feb. 26.

The city will have to hold their breathe yet again and hope they don't see their team become filled with a bunch of role-players for the third time.

Give credit to the city's strength though; they have witnessed a team draft the two most dominating big men in the last 20 years with the first overall pick and not win a championship.

They can heal again, hopefully.



BY RYAN KUHN
sports@statehornet.com

Seattle is the home of many great things. Commercial coffee was born at the Pike Place Market, freshly caught seafood is brought in locally from the waterfront and music icon Kurt Cobain gave the nation the music of grunge.

But with as many accomplishments the city has seen, professional sports is not one of them. Their teams lose when seasons are on the line, or even worse, they leave the area all together.

It seems like forever ago, but Seattle had an NBA team in 2006 led by Kevin Durant, which would be the last image the sporting world will have of the Supersonics. After Washington state would not update their arena, owners sold the team resulting in the formation of the Oklahoma City Thunder. Now with Durant being one of the most watched players in the NBA, I wonder how Thunder jerseys are selling in Washington?

Just three miles south, the Seattle Mariners brought in an average of 23,400 fans per game in 2011 that ranked 23rd of 30 teams in Major League Baseball.

Having a losing record six out of their last eight seasons and six managers in the last 10 years, it shows depression can spread like the plague at Safeco Field. The Mariners also lost twice to the Yankees in the ALCS in back-to-back seasons.

Bring an expansion NBA team to Seattle and their fans might be happy, but until then, Seattle will be depressing just like the Seahawks choking in Superbowl XL or anybody wearing the lime green jerseys of 2009.



BY DAVID SOMERS
sports@statehornet.com

Several cities would probably try to lay claim to the title of worst sport city in the United States. But few can hold a candle to the undisputed champion of elusive championships.

Cleveland. Do I really need to say anything more?

Take your pick when it comes to the misfortunes this town has endured. Past tragedies like "The Drive," "The Catch," "The Fumble," "The Shot," "Red Right 88" or most recently, "The Decision" give you plenty of past heartbreaks to choose from. Enough heartbreak, in fact, to legitimately induce full-on metropolitan cardiac arrest.

Don't believe me? Consider the following:

Cleveland's last major championship came 48 years ago in 1964 when the Browns won the pre-merger NFL title. The Browns finally won Super Bowl XXXV in 2001. Oh wait, that was five years after they had left town and became the Baltimore Ravens.

Over the course of more than 100 years of baseball, the Indians only have two World Series titles, last winning it 64 years ago in 1948.

And since the Cavaliers have never won an NBA crown, that makes for nearly a 150 years of combined professional seasons in Cleveland without winning it all.

I mean, the town even boasts a blog entitled "God Hates Cleveland Sports."

And with that, I lay my argument to rest.

Intramural basketball gives students a chance to ball

BY JILLIAN KWELLER
sports@statehornet.com



DANIELLE PARKINSON State Hornet

Intramural basketball at Sacramento State consists of 51 men's teams, eight co-ed teams and six women's teams.

Intramural sports leagues are represented on more than 700 campuses nationwide and are continually increasing in popularity, especially in basketball at Sacramento State.

The Well at Sac State offers six intramural leagues to students and faculty - racquetball, indoor soccer, outdoor soccer, badminton, arena football and 5-on-5 basketball.

Basketball is by far the most popular sport, along with indoor soccer, out of the six leagues offered at The Well, said intramural sports supervisor Jairon Jackson.

"We used to be based out of the old police station in the Union and the small old gym in Yosemite," said intramural sports supervisor, Emanuel Voska. "The program has really grown with The Well because there are always open facilities."

Sixty-seven teams signed up this year for intramural basketball. An online registration program was implemented this year, which requires making a profile that allows players to set up their own teams at www.athleagues.com.

The cost to play in the league is $10 per individual and $50 per team, which usually consists of eight to 10 players.

"There are many teams that enter year after year and it's common for people to stay with the same team they started with. We get a lot of fraternities, but not so much sororities," Jackson said. "People take it pretty seriously. The Hoop (Stallions) and Blazin Scholars, I guess you can say are like your Lakers and Miami. They are like the top teams and when good teams play, there is usually crowds of people that come and watch."

Senior criminal justice major Irvin Gonzalez has been playing for Blazin Scholars for the past five years and made it to four championship games. Gonzalez is also an employee of The Well and said the opportunity to stay in shape and play a game that you like is what makes intramural basketball so popular.

"I've been playing basketball my whole life and it brings you back to your high school days when you're playing a basketball game and you have people and friends cheering for you," Gonzalez said. "That kind of stuff makes you feel good and it makes you play better."

The spring intramural season is six weeks long, consisting of four weeks of regular games and two weeks of single elimination playoff games. The champions are rewarded with rings, shirts and a picture of their team posted online.

Senior mechanical engineering major Juwon Pate of the Hoopers has been involved with the program for the past five years.

"My favorite part of intramural sports is winning. We have been to four championships in five years and won three championships," Pate said. "Having bragging rights for the entire year is a good feeling. Meeting new people and staying in shape are bonuses of playing intramural sports."

Intramural basketball is open to everyone at Sac State, except basketball players with NCAA eligibility.

"Everyone loves basketball. Many played in high school and not everyone can play on the college team for a number of different reasons," Jackson said. "Not because they're not good, but things work out for different reasons. It's just a good sport to play and it doesn't take a lot of equipment."

Senior accounting major Solvanga Slay played three years of college and one year of intramural basketball at Simpson University. Slay now attends Sac State and plays for a women's intramural team called We Da Best.

"I stopped college ball and wanted to keep playing because it's fun and I love it," Slay said.

Intramural basketball gives everyone a chance to play at the non-collegiate level. Not only is it a popular sport, but also a way to stay fit and meet new people.

"It's a chance to make friends and hang out with other people who have similar interests. You feel such a bond and I think people look for that. There is a lot that intramural sports have to offer as far as giving that to students," Voska said.

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MARCH 7TH
31



Preview: Seniors to provide veteran leadership on team

Continued | page B3

better," Moses said.

Chung said the team has a good shot at winning the league with the addition of the new players on the team.

Christiansen said the team plays strong defense and the offense has improved since last year. He said they need to figure out the roles the pitchers need to play throughout the game.

The tone for the upcoming season is determination and confidence to better themselves from last season, Chung said.

"We are going to go from worst to first. We are going to work hard on every pitch," Chung said. "We are going to have good at-bats and we will do whatever it takes to win the ball game," he said.



JOE DE OCAMPO State Hornet

Senior catcher Brent Hottman will be one of five seniors to mentor this young team this season.

Playoffs: Hornets will try to ride streak into tournament



JOE DE OCAMPO State Hornet

Sacramento State men's basketball head coach Brian Katz instructs his team at home against Montana.

Continued | page B3

and hurt us both because just like us knowing them, they will know us," Eberhard said.

The Hornets trail behind Eastern Washington, which has two matchups against Idaho State, one against Portland State and one against the University of Northern Colorado remaining.

If Portland State drops all three games against the Hornets and Eastern Washington, it would drop them to 6-9 and potentially below both Sac State and Eastern Washington.

With four games remaining for the Hornets, anything is possible and McCarver said getting a shot to play in the tournament his would be great.

"I love all the guys on my team and want to play with them for as long as possible," McCarver said. "A chance to make a run in the postseason would be amaz-

Health: Game Ready healing device helps speed up time of recovery for junior player

Continued | page B4

Katz said. "He is a very, very tough kid and he has a (high) threshold for pain and he was so diligent in rehab and he was extremely aggressive."

Ramos said Estrada could have been back a week earlier, but the Hornets' training staff remained cautious not to hurt the ankle anymore.

Estrada has now been back for two weeks, but he said he is not at 100 percent.

"It gets to about 85 to 90 percent, but then I'll tweak it throughout a practice or tweak it in a game and it will go back down to 75 percent," Estrada said. "But for the most part, I can do the majority of things. Pretty much what is still difficult is trying to jump off that one foot, so if I explode and try and go hard off of it, just the pounding on it to try and explode is the last thing that will take about a month or so to get to 100 percent."

Since he's been back from injury, Estrada hasn't been eased back into the games. He has averaged 23 minutes a game, which is five minutes above his season average and he has started four of the six games.

Estrada still walks and runs around with a limp, but the special tape job Ramos gives Estrada before practice and games gives him enough support to where he can play through the pain.



DAVID GONZALES State Hornet

In addition to using the Game Ready aid, Estrada receives a significant tape job on his ankle.

"(Ramos) does a real heavy-duty tape job," Estrada said. "At the beginning of practice my foot is pretty much locked in, but after a while the tape loosens up and I have some mobility with it."

Katz said getting Estrada back has helped the team.

"He means a lot," Katz said. "He is a good overall player and he brings an attitude and toughness to our group and of course he is a good shooter. He has struggled a little bit at times, but he is a real threat to shoot the ball and I do believe that he will break out and have some big games shooting the ball, I really do. It is important to have him back."

With the Hornets still in the hunt for the Big Sky Tournament, Estrada said the Game Ready was a major factor in his quick return to get back and help his team win.

"The Game Ready machine I say is the best thing ever invented to help with swelling," Estrada said. "It's 10 times better than just putting ice on."

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